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Photos: Lillian Lane



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COVER: Ted Cawkwell always knew the acreage home of the late photographer Courtney Milne and Sherrill Miller was magical. What he didn't expect was the magnetic pull to become the new owner of this piece of "sacred earth." Photo by Candace Epp Photography.

HOME Front



Photo of Amanda Soulodre by Lillian Lane

This is not a misprint. Summer has finally arrived. Mother Nature may have forgotten about Spring in Saskatoon, but at least you were able to enjoy HOME magazine's spring issue. Even if you had to read it while curled up by the fireplace in the middle of a snowstorm.

Now I'm excited to share our Summer issue with you, our loyal readers, as we begin our second decade of sharing Saskatoon stories through HOME.

It has been a long six months. I'm sure you are anxious to get outside, so this issue is chock-full of outdoor goodness!

What could be better than enjoying the sunshine on your deck? Why, enjoying it on a Super Deck, of course. Get inspired by Candace and Ray's outdoor living space (pg. 39). We also take you inside one of Saskatoon's notable acreages. Once owned by renowned photographer Courtney Milne and partner Sherrill Miller, it has been refreshed with love and devotion by the new owner (pg. 10).

Find inspiration and tips for creating your own backyard meditation space (pg. 29), and learn about some of the must-have, chicest plants for your home (pg. 63). And our story about a Nutana neighbourhood plunge pond will certainly inspire you to enjoy the outdoors (pg. 20).

Hacks for your pet (pg. 8), an update on the home building sector in our city

(pg. 46), a bbq sauce recipe that will make your mouth water just by reading it (pg. 52), and more are all inside to inform and entertain.

Enjoy a guilt-free backyard open fire this summer after catching up on the amendments to the City's bylaw. It's been a smouldering issue for a while now, and we'll help you understand the rules (pg. 50).

I encourage you to take this issue of HOME out to your favourite chair in the backyard here in town, or on the deck at the lake, and settle in for a good read. Everything in HOME is about your city. Summer—it's an amazing time and place. Let's enjoy every minute and every page.


Remember, everything you read here is in *your city*. Pretty amazing. Well, we definitely think so and we're pretty sure you do, too!

Happy reading,

AMANDA SOULODRE
OWNER & PUBLISHER

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Publishers

Amanda Soulodre

Rob Soulodre

Editor

Karin Melberg Schwier

Photographers

Candace Epp Photography

Craig Silliphant

Jennifer Bennett

Karin Melberg Schwier

Lillian Lane

Production and Design

OneOliveDesign

Writers

Craig Silliphant

Jeff O'Brien

Julie Barnes

Karin Melberg Schwier

Krista Martens

Léo Joseph

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607 Waters Crescent,
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Fax: 306-979-8955

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READER PANEL

Thank you to our Summer Issue Reader Panel (seen below). The people on the Reader Panel change every issue and are made up of fans of the magazine who volunteer to help us select our stories. Their input allows us to select stories that people in and around Saskatoon look forward to reading each and every issue. Once story ideas are chosen, we then assign them to our team of talented writers—meet them online at www.saskatoon-home.ca.



“As an avid community volunteer, business owner and champion of all things Saskatchewan, I am excited to support my favourite Saskatoon magazine.

Adele Buettner

Owner,
AgriBiz Communications



“My favourite quote by Marie Curie is: “Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

Brennan Bonnet

BSc in Physics and MSc Pharmacy,
from the University of Saskatchewan



“HOME helps spark and keep that creative spirit alive when it comes to new innovative ideas and DIY projects!

Colleen Shalley

Owner/Event Planner,
Infinity Management



“I love reading HOME and seeing what other DIYers in our community are creating.

Crystal Lavoie

Wife, Stay-at-Home Mom,
Homeschooler



“I am enamoured of Saskatoon's history and, in particular, our historical houses.

Janet Glow

Administrative Assistant,
Rayner Agencies



“I love getting my copy of HOME every three months so I can explore our city through the meaningful articles on a variety of topics.

Leon Bournier

Western Canada Sales Manager,
Waste Management

Interested in being on a future panel? Email: amanda@saskatoon-home.ca with 'Reader Panel' in the subject line.

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PET HOME HACKS



LÉO JOSEPH



JENNIFER BENNETT

We love our pets. We consider them part of our families, and would do anything for them. But as we head off to work and go about our days, our pets change from lovable, cuddly members of the family to curious, rambunctious wild animals. Yes, they

have a secret life. In order to keep Professor Whiskers and Mr. Pickles in your good books, we put together some ideas to spice up your pets' lives using everyday items found around the house. 🐾

Léo Joseph

If you prefer your cats did not spend the day knocking Grandma's fine china off the display shelves, build them an ultra high tech super awesome cat play centre. Simply cut a few holes in an old Tupperware bin and put a few items in it for them to bat around. Hours of cat fun.

Just like humans, cats do not like sticky paws. Put some double-sided tape on the side of your couches to prevent Garfield from ripping it to shreds. When the inevitable shedding happens, use a window squeegee to remove hair from the carpet.



The tasty frozen popsicle is no longer just for the kids. Take an ice cube tray and add some dog friendly fruits and vegetables in low sodium or homemade soup stock. Use a big dog biscuit as a handle so they have something to hold onto, and freeze. Pup-scicle!



Polly is always asking for crackers. But she will also love fruit! Make a fruit foraging station for your little Tweety bird with an old kabob skewer. Layer on the fruit and hang it in her cage.



Homemade toys can look simple to humans, but very entertaining for dogs. Try putting a plastic bottle in a sock. Or drop treats in a muffin tin and cover holes with tennis balls. Your dog will think fondly on this as the best day ever!



We love cuddly four legged critters, but crawling tiny insects... not so much. Make a homemade critter control. Just soak a bandana in this mixture (1/4 cup water, 4 drops lavender oil, 2 drops citronella oil, 1 drop tea tree oil), let air dry and tie around Fido's neck. Ticks and mosquitoes will be repelled.



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WHEN A HOME PICKS YOU

THE MAGNETISM OF COURTNEY MILNE AND SHERRILL MILLER'S ACREAGE HOME

Sometimes the universe aligns as it should, peace guides the planets and a person is left in awe of how love really does steer the stars. For Ted Cawkwell, his mouth is still slightly agape to find himself as the new

"caretaker and guardian" of a special piece of property just 20 minutes from downtown Saskatoon. For 25 years, the bucolic Grandora acreage *Keechitawin Popi*—Cree for Creation Smiles—was the home of world-renowned

Saskatchewan photographer Courtney Milne and his partner Sherrill Miller. Now, after a series of fortuitous events, it is Ted's home.

Meant to Be

"My Aunt Judi and Uncle

Brian lived near Courtney and Sherrill, so I got to know them, too," says Ted, a realtor with ReMax. "Courtney and I travelled to Calgary together a few times, and I had been to the acreage, but when Courtney passed on in 2010, I lost touch



*"You cannot depend
on your eyes if your
imagination is out
of focus."*
Mark Twain

 **KARIN MELBERG SCHWIER**

 **CANDACE EPP**

with Sherrill." That was until his aunt called to tell him Sherrill had made the momentous decision to sell *Keechitawin Popi* and move to Victoria. Aunt Judi was convinced the property would be "perfect" for Ted.

"But I had a plan. In two or three years, I was going to buy a place on the river, so I'm not interested, thanks," explained Ted, confident he was in charge of his own destiny. Aunt Judi called again in a couple of months; he ➤



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The massive cedar beams and staircase was a commissioned feature in the original home. Ted considered removing some of the wood because of its heavy prominence, seemingly at odds with the modern concept he wanted. But upon reflection, he fell in love with the wood and feels it not only respects the rural home's heritage, but is also a connection to the outdoors—80 acres of wooded natural landscape. "The neighbours have an additional 240 acres for a total of 320 acres of communal trails that we all look after, share and enjoy."

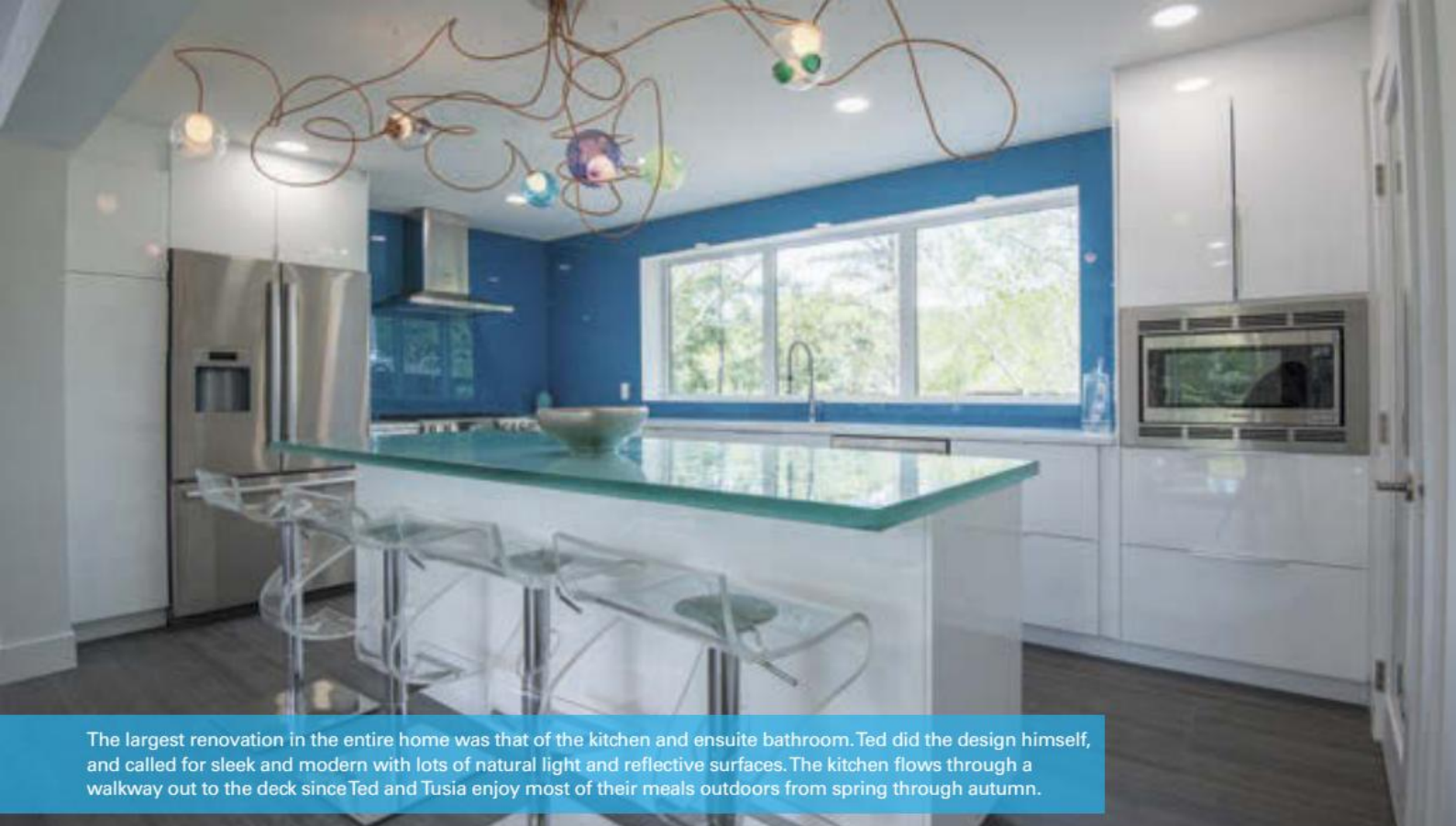
repeated his plan. One day Ted's girlfriend Tusia asked him if he knew Sherrill was selling. Her friend Jill was the listing agent. 'It would be perfect for you and would fulfill every wish you have for a place,' she told him.

"I know she's selling," said Ted, exasperated. "You know about my plan to buy on the river. Not interested."

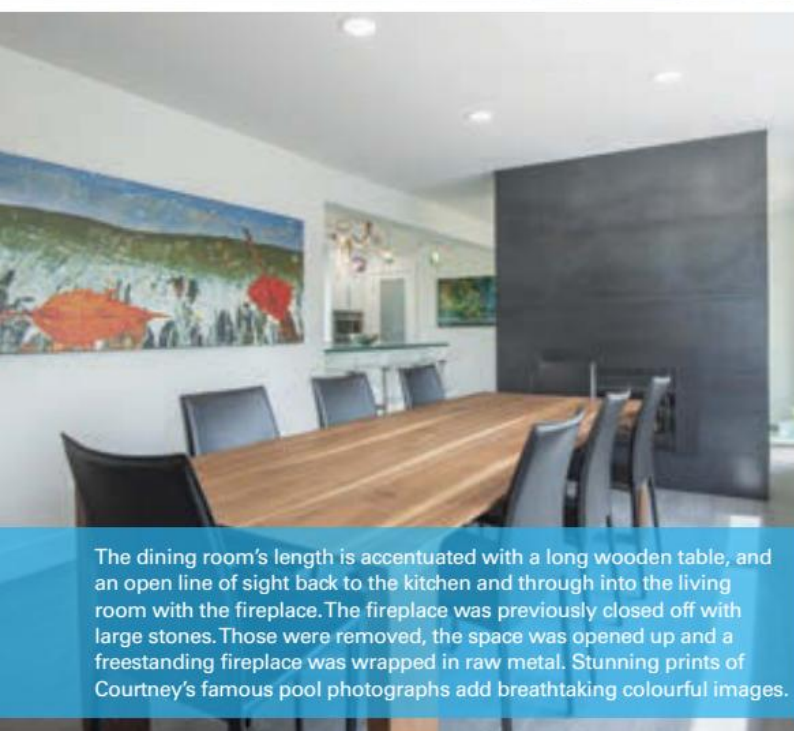
Then Jill called. Before Ted could reiterate his plan, she said Sherrill had a huge crystal, too big to move to her condo

in Victoria. Jill knew Ted had a passion for crystals; did he want to buy it? "Oh, sure! I'll go out and have a look," Ted recalls telling her. "It was great catching up with Sherrill, and as I loaded the crystal in my truck, the little voice in my head

is saying, 'Busy, busy! Lots to do, got to get going.' I live a bit of a frantic life. Then Sherrill said, 'Do you want to go for a walk?' I heard myself say, 'Yes, I do. That would be great.' We got a cup of peppermint tea and went for a walk on the trails."



The largest renovation in the entire home was that of the kitchen and ensuite bathroom. Ted did the design himself, and called for sleek and modern with lots of natural light and reflective surfaces. The kitchen flows through a walkway out to the deck since Ted and Tusia enjoy most of their meals outdoors from spring through autumn.



The dining room's length is accentuated with a long wooden table, and an open line of sight back to the kitchen and through into the living room with the fireplace. The fireplace was previously closed off with large stones. Those were removed, the space was opened up and a freestanding fireplace was wrapped in raw metal. Stunning prints of Courtney's famous pool photographs add breathtaking colourful images.

Hard pressed to describe what happened next, Ted says it was among the most transcendent experiences of his life. "I don't know what to say other than my heart just opened up as we walked in the woods. I had been to

the property before, but this time, I was like wow, what is happening to me? We get in the truck later and Tusia just smiles at me. I tell her, 'I'm 75 per cent sure I want to buy this place.' She says, 'I know.' ➤

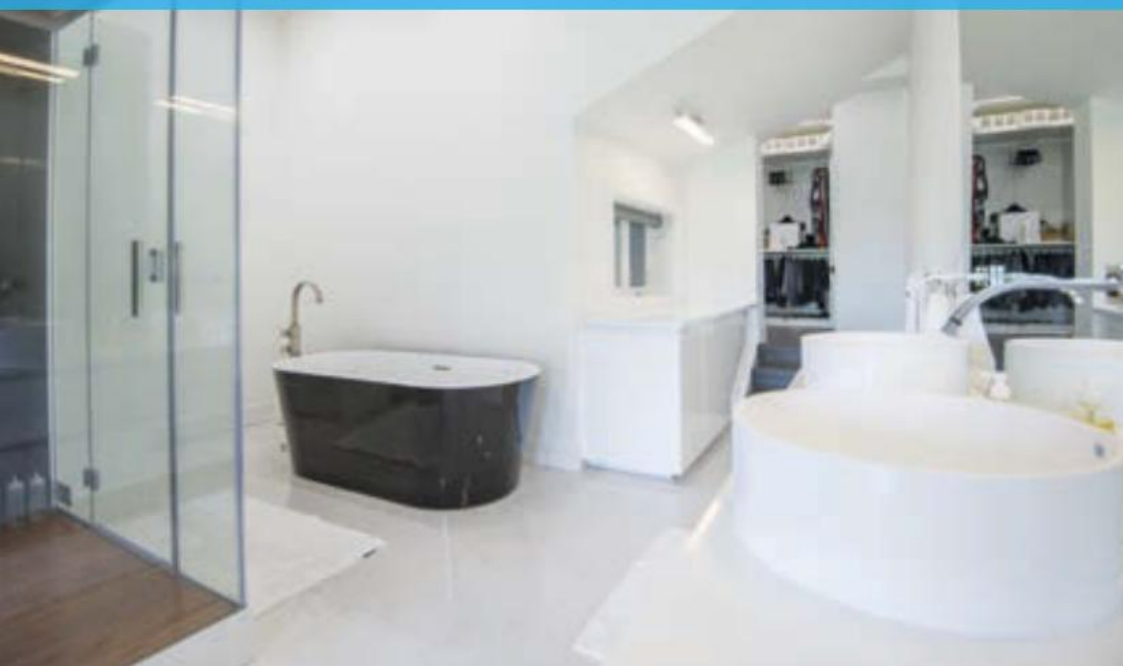




Ted's modern design with long sightlines, open concept and "less is more" aesthetic underscores his intention that the most stunning elements of the property are the outside spaces. "I didn't want a lot of clutter inside to distract from the outdoor beauty." By adding large windows, "the real gem of this home" can be seen from so many more vantage points in the house.



The ensuite had bold and dated 1980s features like red fixtures, and there was a step down into the space. A major change included blowing out walls, leveling the floor, widening the doorway by eight inches and redoing all the fixtures and surfaces. The pure white surfaces create a cohesive, sleek look.



His heart was saying yes, but that practical voice kept reminding him of the obstacles, including the simple fact he couldn't afford it. Still, he felt it was no use arguing with the universe as things seemed to conspire in favour of the purchase. But, the voice in his head said, there's the asking price *and* the home also needed updating.

More Transformation Than Renovation

"It was a rock star in 1979 with lots of modern features, intercoms throughout, a sound system, the big pool. But nothing much had changed since, so it needed new exteriors, new windows, new flooring. I wanted to open it up. A lot," Ted recalls. "But ➤

An outdoor dual shower was built beneath the trees near the new steps leading into the pool.



looking at it I was convinced I couldn't even afford the house as it is!" Voice be damned, in 2016 he bought the place; Sherrill was thrilled.

A few months later, the planets realigned a little more in his favour.

As an agricultural specialist realtor with ReMax (he has a farming background), Ted held the listing for a sprawling farm property of almost 8,000 acres southeast of Tisdale. It sold. For \$26.5 million. It was one of the biggest sales in Saskatchewan's farm history. The little voice in his head shut up.

"Miraculously, boom, I have the money for the house *and* the reno," Ted says. "I did a 13-month reno, and added windows and doors, took out walls, redid literally almost everything. I redid exteriors and interiors, worked with landscapers and changed the pool over to saltwater."

Ted says it never entered his mind to demo the house, though it would have been cheaper. "There's magic there, so I kept some of the old cedar and stone, then incorporated the new modern stuff, which is more my style," he explains. "The house had sentimental value because of Courtney and Sherrill. Courtney spent his life photographing sacred places around the world, but the last ten years of his life was the pool project right in his own yard. The Pool of Possibilities really spoke to me. I was a big fan; I got the e-calendar (see sidebar), and lived my life by the guidance and wisdom provided each day. Now, it's like I get to be the guardian of *that* pool and the sacred land here."

The magic doesn't seem to be just Ted's own romantic notion. During the work on the house, "drywallers were on cloud nine every day," he recalls. "They'd tell me ➤

Visitors to the house often told Courtney Milne (seen here) his pool photographs looked like Monet paintings; he said he liked to call them Milnays. "He spent hours out there, watching the light and reflections, even in the snow, with leaves and debris scattering or snow drifts making patterns," says Sherrill. "A never-ending feast of colour and texture."



Photo: Sherrill Miller

RENOWNED PHOTOGRAPHER COURTNEY MILNE

Saskatoon-born Courtney Milne was a preeminent photographer renowned for celebrating the beauty of the prairie and capturing landscapes of mystical and sacred importance around the world. Just shy of his 67th birthday, he died in 2010. During his lifetime, he created over a dozen books, and many multimedia presentations and exhibitions. He photographed in 35 countries on seven continents, and spent the last decade of his life discovering a world reflected in his pool.

He called this *The Pool of Possibilities*, a collection of 45,000 images added to his archive of sacred places and beloved prairie landscapes. Diagnosed with multiple myeloma in 2009, he became paraplegic as it settled in his spine. He continued to work with thousands of his images, and still created new work.

He was an ambassador of the land, inviting people to "see with new eyes," says his partner Sherrill Miller, to find their own sacred places in nature, a connection with the Divine Mystery and a place to honour and care for, whether in one's back yard, the park down the street or a piece of wilderness. Courtney was first known for photographing the beauty of the prairie when most people did not see anything in this 'flat land.'

Sherrill, an intuitive coach and inspirational speaker, donated Courtney's vast collection of work to the University of Saskatchewan Library. *The Pool of Possibilities* is an online perpetual e-calendar with 365 different images accompanied by Courtney's comments. The University continues to make the e-calendar available by free subscription on the University Library's Courtney Milne site: <http://library.usask.ca/courtneymilne/ecal>

*He searched the world over and what did he find?
That Earth's greatest treasure is the eye of the mind.
For when he came home, as wise as a Fool,
He found the whole world right there in his pool. – Courtney Milne*

The exterior surfaces were replaced; new windows, doors, soffits, fascia, siding and metalwork complete the modern look. It respects the natural elements, textures and colours so as not to jar the senses. "It doesn't look like an alien has come down to perch in the midst of this natural beauty."



there's just something about this place. They said they just felt really happy. It doesn't matter who it was working on the place, they felt the good vibe there."

A Modern Less-is-More Twist

"I love modern, sleek clean

lines. Less is more," says Ted of the new interiors. "I put in pure white countertops, pure white for walls and grey metal for the fireplace. The neutral palette allows the colour from textiles and art to pop." Ted showcases several large prints of Courtney's photographs, including

one he had printed on glass displayed on a custom-built wall over the fireplace.

At the acreage, Courtney and Sherrill offered photography workshops, drumming events, drum making, energy workshops and spiritual gatherings for community building. Last summer, in keeping with that tradition, Ted hosted a two-day 'Treesiliency' workshop to help people understand how to commune with nature.

Exploring New Possibilities

While Ted accepts the self-imposed guardianship of *Keechitawin Popi*, and is grateful for it, he knows Sherrill—and Courtney—would want him to make it his own.

In 2010 after Courtney's memorial, and on the morning of what would have been his 67th birthday, a great horned owl flew down and calmly alighted at the edge of the pool, an unusual time for an owl to be about. It looked

into the pool, then swiveled its head to gaze at Sherrill. This past January, Ted photographed a saw-whet owl in a spruce tree by the pool as it regarded him with such serenity it almost took his breath away.

Compelled to honour *Keechitawin Popi* and the luminous natural landscape that surrounds it, Ted fully believes in messages from beyond the veil. "I know Sherrill is happy, but I think Courtney, too, is loving the transformation of this sanctuary."

"It's my awesome space now," Ted says. "I still can't even believe I live here. Five or six years ago, I was living in a \$12,000 home in Kelvington, and I had this plan. But how did this happen? It was just supposed to." (i)

Karin Melberg Schwier



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NATURAL PLUNGE POND

LAKE LIVING IN A NUTANA BACKYARD



At the height of summer, a waterside retreat is a fortunate place in which to find yourself. For the lucky few with lake properties, that still means meal planning, bag packing and a long drive before reaching your destination.

But Marcia McKenzie can skip all those steps. When

her workday is done, she can indulge in a calming, veritable oasis in her own backyard, thanks to a thoughtfully designed natural pond and a small boreal forest beyond. "I love coming home and just sitting out here," says Marcia. "I'll dangle my feet in, have a drink, go for a dip."

The inspiration began indoors. As a professor at the University of Saskatchewan, Marcia sought a quiet refuge for writing. The solution came in the form of an addition—a cozy cabin-style writing room on the back of the house.

"I would always go away to

writing retreats at cabins up north, so I thought, instead of going up north, I could create a place where I could write." From there, the question became, "How do we create a boreal forest backyard so we felt like we were at a cabin when we were in the backyard?"



JULIE BARNES



LILLIAN LANE



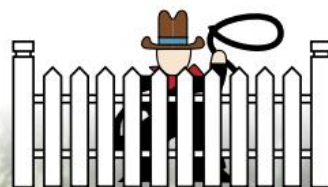
Taking the Plunge

Images of natural pools in the UK soon caught Marcia's eye, so she called on her friend Anna Ringstrom, a landscape architect with Oxbow Architecture, and Peter Martin of Dieter Martin Greenhouse, to help refine her ideas and establish the design.

"We wanted to do something we could dip in, but didn't want to do a whole swimming pool," says Marcia. The result is a four-foot-deep natural pond, running the width of the backyard. The pond's surface is studded with lily pads and water hyacinth, and a wooden bridge bisects it, leading ➤

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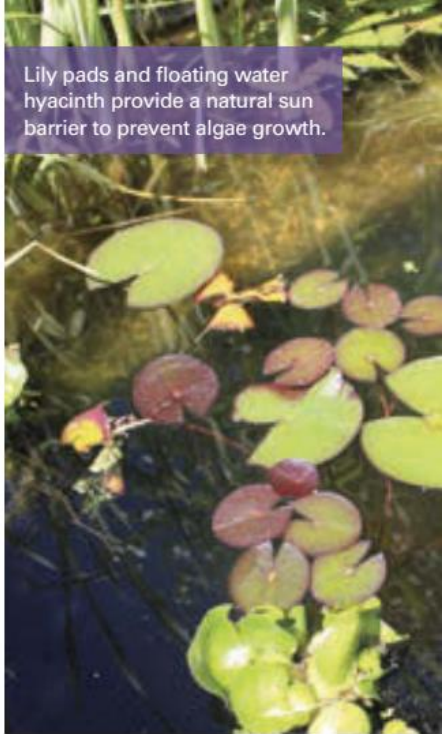


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Cattails and several other plant varieties line the ledge of the pond.



Lily pads and floating water hyacinth provide a natural sun barrier to prevent algae growth.

to the gloriously green boreal forest.

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Over 20 different plant species grow in the pond, or on the ledge that runs alongside the length of it. "We tried to choose



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Sedum was used as a ground cover between the stepping stones in the boreal forest.

local plants that would grow in Saskatchewan," says Marcia, noting that the floating water hyacinth are tropical but were chosen because they create a natural sun barrier that prevents algae growth. Other pond plants include water cabbages, lilies,

cattails, creeping Jenny and seaweed—and they all play supporting roles by filtering and oxygenating the water.

Marcia and her daughter Helena use the backyard more often now, taking summer dips almost daily. "We love

it out there," says Marcia. "It's amazing watching all the birds we get," Helena adds, "and the robins like to take baths in the pond." Other pond interlopers include a frog, and last summer, two minnows mysteriously appeared.

Minimal Maintenance

Winter prep simply involves removing the pump and repositioning the lilies on the pond's floor. Throughout the spring and summer, maintenance is minimal. "You use a net to clean the surface and sometimes ➤

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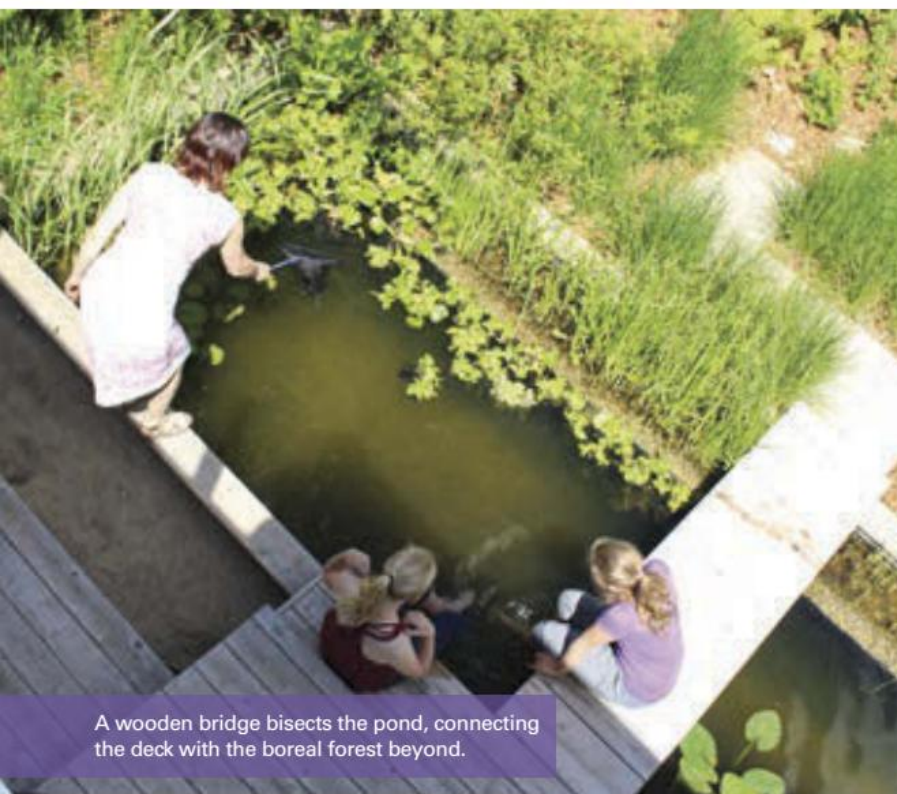
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For the boreal forest, Marcia chose trees native to Saskatchewan, including oak, spruce, pine, birch and alder.



A wooden bridge bisects the pond, connecting the deck with the boreal forest beyond.



you pluck algae,” says Helena. Marcia adds, “I find it’s less work than mowing the grass that I used to have there.”

Unplanned Plunges

There are the nearly daily dips, and then there are unplanned plunges. During the spring a few years ago, Helena started breaking up the ice with a paddle. “I was leaning on the paddle really hard to see if I could break the ice and then it slipped and I fell into the pond.” The recollection draws laughter from the mother-daughter pair and Marcia adds, “There was still a big chunk of ice on it, so she came up and hit her head on a big, half-foot thick piece of ice.”

Marcia has been spared any unintended swims, but a friend of hers wasn’t so lucky. The bridge had just been added but wasn’t fully secured yet. The friend, Helena says, “stepped too close to the edge on the bridge and the bridge went, ‘whoop’ and then he fell in.”

“He was up to his chest and fully dressed,” adds Marcia.

You might think people falling into the water would be a ‘con’ on a hypothetical pond pros and cons list. But the hilarity that ensues as Marcia and Helena reminisce about those two plunges puts it firmly on the ‘pro’ side. In fact, the ‘pro’ side clearly wins.

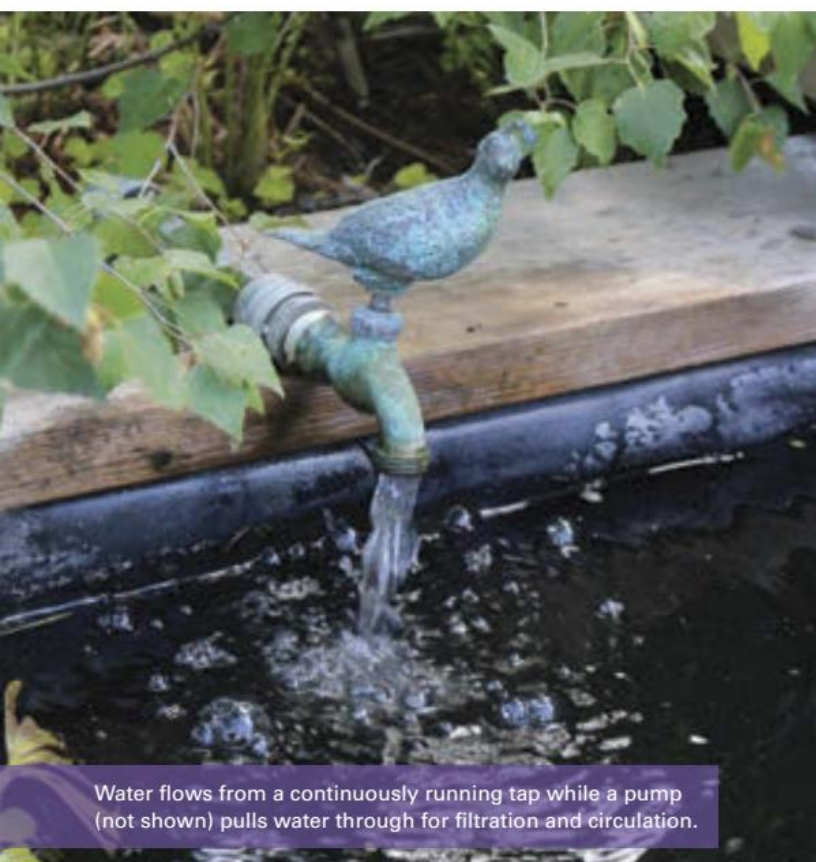
Pond Pros

Helena often invites friends over for a dip, and in grade three, her whole class visited her backyard. She plans to invite her class again this year.

“The kids will play with the plants and there’s water bugs and spiders, and they get really comfortable with it,” says Marcia. One of Helena’s friend’s parents even thanked Marcia for having her daughter over frequently to visit, because she had conquered her fear of ➤



The pond is comprised of concrete footings, stacked six-by-sixes and a pond liner. The water plants on the ledge are rooted in gravel.



Water flows from a continuously running tap while a pump (not shown) pulls water through for filtration and circulation.

Marcia enjoys immersing herself in a good book, while Helena, left, and her friend Vaeda cool their heels in the pond.

bugs thanks to her time spent in the pond.

The backyard has also become a hub for social gatherings, says Marcia. "I've had work events where we had Chef Jenni serving food off canoes in the garage. We had the bartender from Nosh, and we had Charly Hustle DJing."

But often, gatherings are impromptu. "We definitely have a lot of people over

in the summer. Friends and neighbours come over and have a wiener roast and go for a dip," says Marcia. "Our good friends live behind us and they had a party one time and a bunch of the kids came over and were doing cannonballs. It was a party at their house but everyone ended up migrating over to see the pond and go swimming. It seems like a

community building thing."

Aside from its magnetic pull, Marcia's favourite thing about her backyard is the visceral serenity it provides. "I go out there and it's almost like going to yoga or other peaceful things you might do—like going for a walk in the forest. It brings a sense of calm and peace. The research says we are much healthier

and happier when we spend time outdoors and it definitely brings that environment into the city for me. I can just put my feet in the pond and watch the dragonflies flit around or watch a bird come and take a bath. You can just be there and feel restored." (H)

Julie Barnes



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THOUGHTFUL MIND AND GARDEN

CREATING A MEDITATION SPACE



 KRISTA MARTENS

When we consider our health and well-being, most often we think of our physical health. We prioritize eating healthy food, getting a good night's sleep and taking care of our bodies with exercise. But what about our mental health?

In a world where we are constantly bombarded with massive amounts of information, many people seek quiet. We all have endless places to be and tasks to accomplish, but we continue to search for a slower pace, a space that will

allow us to rest and recharge.

"For me, meditation has become an important time and space in my day to decompress from work and let all my concerns just drop away," says Michelle Tucker, owner and facilitator of Still North

Retreats. "Meditation, at its core, is about reconnection. Setting aside time to leave the distractions of life behind. Not an easy task, I'll admit, but one that has shown great benefits in my life."



Great meditation spaces come in all shapes and sizes, but comfortable seating is a key element to centering your mind.



Meditation Practice and Style

Meditation is a relatively simple practice but one that can seem very intimidating on the surface. It can be over-complicated by a perceived notion that there is a set of rules. "It is all about what

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Have a journal close by to allow for quick notes and bigger thoughts to be captured.




works for you, what makes you comfortable," Michelle points out. "You don't have to adhere to any one set routine, you don't have to sit in just one way. The fact is a person can't really fail at meditation. The important thing is that you

have chosen to make time for yourself."

Concentration meditation consists of having a single point of focus, and includes elements such as breath work, using a mantra or listening to a repetitive song. This

style can be challenging as a beginner. As thoughts come into your mind, what to do with them can be a struggle. "Just let them float by and then bring your thoughts back to your chosen focus," Michelle advises. Picturing your

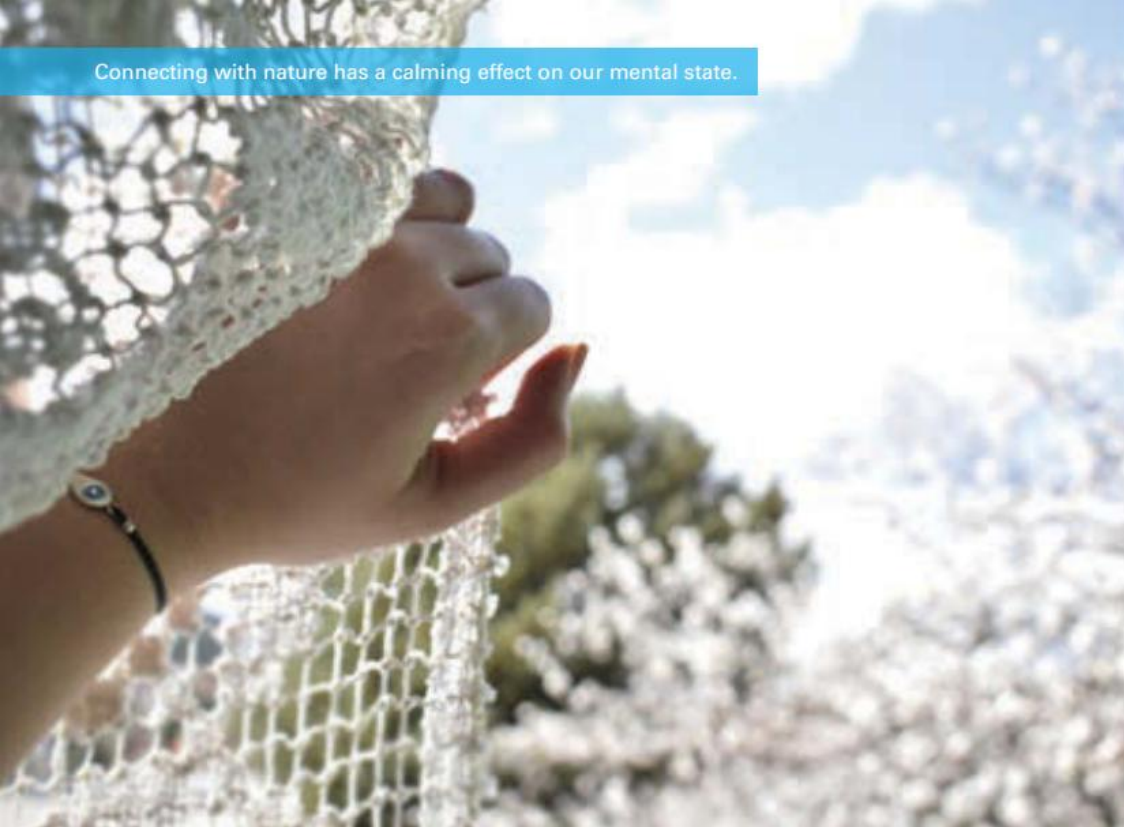
thought encased in a bubble or pushed away by a wave may be a visualization technique that helps. Start with just a few minutes and work up to longer durations as you begin to feel comfortable.

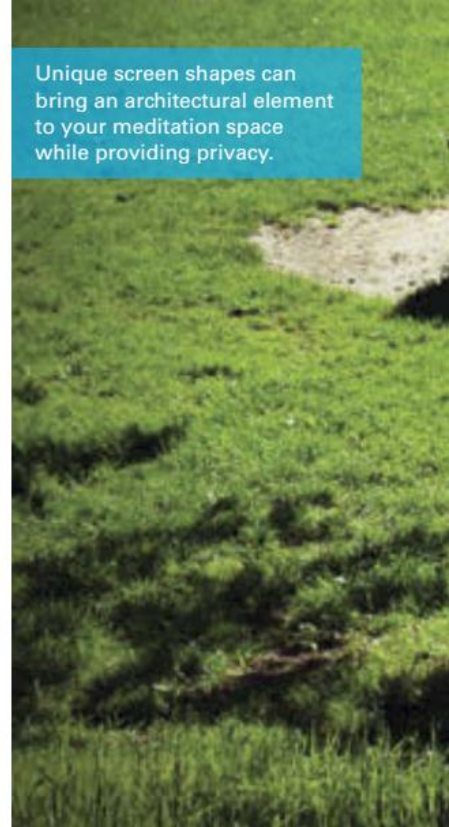
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Connecting with nature has a calming effect on our mental state.



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Creating a Meditation Space

There are two key considerations when a meditation space is created. "If you want to have a space that you continually return to, you have to ask some questions," Michelle says. "One, what is my chosen intent around meditation? Is it for stress relief, increased focus? Two, how does this space make me feel? The act

of creating a space dedicated to a practice that you love sets you up for a greater amount of success." In the journey to create her own meditation garden, Michelle asks herself these questions:

- Is the space calming?
- Is it what I perceive to be beautiful?
- Is it inviting?

- Am I drawn here?
- Does it bring me joy?

"Starting a meditation practice can be uncomfortable," she admits. "Letting go of the productivity-driven mindset is tough for a lot of people. The simple act of sitting quietly seems impossible." Michelle has been practicing yoga and meditation for over a decade, so it is reassuring to know we all begin at the same place and face the same challenges.

Benefits of Meditation

Meditation has been proven to make people more productive, which seems counter intuitive. How does sitting still actually help? But it does ground a person and allows for greater focus. "There are so many additional benefits like lower blood pressure, improved circulation, lower anxiety, less stress, deeper relaxation, increased concentration," Michelle says. "Why wouldn't you be willing to invest the few minutes each day?"

Finding time to meditate is listed as the largest roadblock to implementing a regular practice. "The time

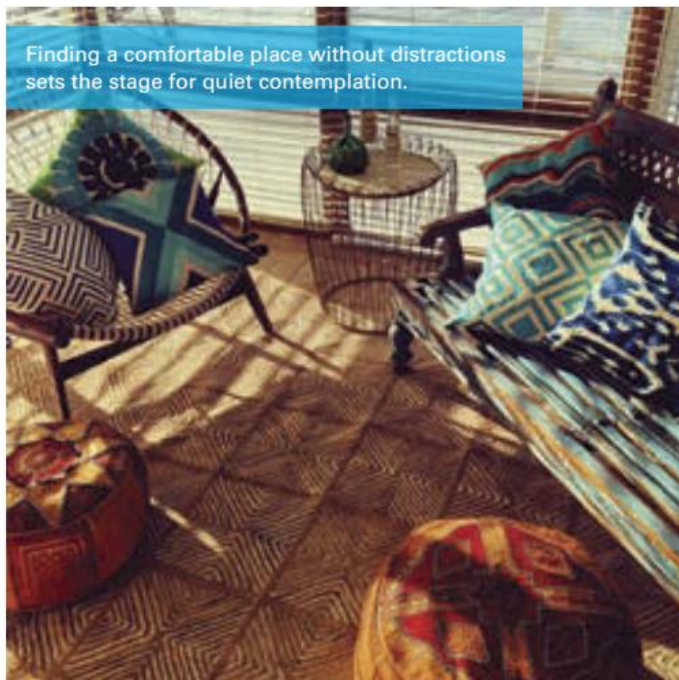
of day you meditate is less important than the act itself. At the moment, sleep is such a key to my well being that I find most of my meditations happen in the evening. I find I sleep much better if I can even get in five minutes before bed." For some people, meditation takes the form of other tasks. Gardening is one example. "The act of ritual and routine is a powerful force. Tending a garden can bring the same sort of single-minded focus." Michelle encourages people to be curious and try a variety of ideas, and stresses that there is no one set formula.

Connection with Nature

Connecting to nature can have the calming effect longed for after what seems an endless winter. "Nature brings us back into a mindset of focusing on what is right in front of us," says Michelle. A number of her retreats have been hosted with a specific element of nature incorporated to foster this connection.

"Nature deficit disorder has been shown to exist. Those

Finding a comfortable place without distractions sets the stage for quiet contemplation.





Candles and fragrant plants like mint and lavender are great ways to bring in scent and create an element of calm.



with higher stress levels or anxiety can find calm by intentionally surrounding themselves with nature for as little as 20 minutes. It truly is amazing what nature can do to nourish our mental state." Michelle grew up in Saskatchewan and understands the powerful draw of natural surroundings.

"Creating a garden meditation space is ideal and given our short seasons, something to take advantage of when

we can. For me, I keep it very simple and include a few items that bring me a sense of joy." Michelle offers a list of elements ideal for a meditation space.

Plants: Incorporate plants that attract hummingbirds and songbirds. This adds another sensory element to the space. If you are working on a tighter budget, a small mint plant or potted flower can work as well. Rub the mint plant between your fingers or smell the flowers before meditation. The

ritual trains the brain that it's time to meditate.

Seating area: A comfy cushion or bolster to sit on is ideal, or a comfortable chair

or bench can work as well. A large beach towel on the ground or just the ground itself works as long as it is comfortable. ➤

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Timer: Most phones have a timer. Ensure the other notifications are off to avoid distraction.

Soothing sounds or music: A small water feature or wind chimes can add subtle background noise.

Journal: Sometimes writing a few notes after you've taken the time to settle the brain can help the process.

Privacy Panels: To avoid the curious eyes of neighbours

outdoors, curtains, lattice, metal or plastic panels can keep you hidden but still allow light and air to flow.

To avoid: Michelle suggests high energy animals be kept out of the space while you meditate. (i)

Krista Martens

A MOVABLE MEDITATION SPACE

To transition from one space to another, Michelle suggests creating a meditation basket. "You can use it in your home, while you travel or in the garden. It can be more flexible and can bring your practice to all the spaces that brings you comfort and joy." It can include:

- Seating cushion or bolster. Invest in what brings you joy, like one covered in beautiful fabric.
- Candle. Use as an element of focus.
- Journal. Record thoughts after the session.
- Timer. The phone works well. Set it aside and make sure other notifications are off.



KARIN MELBERG SCHWIER

RENTING YOUR HOME TO TRAVELERS

WHEN YOUR HOME IS SOMEONE ELSE'S HOME AWAY FROM HOME

It's a growing worldwide phenomenon. Guest-host accommodation matching networks like Airbnb, Vacation Rentals by Owner (VRBO), HomeAway, Tripping, CanadaStays and house trades like Love House Swap and Home Exchange are popping up wherever there's

a house where people want to travel. There are dozens of variations on the theme like Outdoorsy (like Airbnb but with RVs) and even Couchsurfing (aptly named since you get the couch). While the hotel industry is strong, this type of sleepover option is building a strong sense of community,

and a more varied experience for guests and hosts alike.

Airbnb started back in 2007 in San Francisco when Brian and Joe literally blew up air mattresses in their home for three conference-goers when hotels were booked. Today, Airbnb boasts two million listings in 190 countries and

34,000 cities. Here in Saskatoon, Airbnb alone has over 9,000 guest reviews posted for accommodation ranging from entire homes, condos and apartments to basement suites, private rooms and attic lofts.

The Host Experience

Brent and Judy, a ➤

A few special touches, like a welcome gift, will make a guest feel special and at home.



TIPS ON BEING A GOOD HOST

- Research local regulations on short-term accommodation.
- Research and determine what platform you want to join (Airbnb, VRBO, etc).
- Advertise your space accurately, and post a selection of good photos. What would you want if you were looking for a place?
- Be genuinely interested in people, and be a good ambassador for your city and country.
- Know when to engage your guests and when to give them space. They may want some initial interaction, advice, clarification, but they're probably not looking for a new best friend.
- Run it like a business. Take time to respond promptly to people when they have questions and concerns, respond to reviews, ensure space is tidy, comfortable with quality furnishings and pay attention to small details.
- Provide an easy-to-read manual with info about the space, common areas, what they are welcome to use (wifi, laundry, bbq, yard, bikes, pool, sports equipment, parking).
- Remove personal items if you don't want guests using your bathrobes or handling Grandma's bone china tea service.
- Provide a list of tips and brochures on local services, restaurants, attractions.

Clearly explain to guests the areas they are welcome to use, and which are off limits.



professional couple in Varsity View, had converted the basement into two suites, renting to long-term university students. When their sons left home, the idea of short-term stays was appealing and they joined Airbnb in 2013. Most of their guests now stay four to five days.

"That gives you the flexibility to take down the suite when you want a break or need the space for family and friends over the holidays," says Judy. The couple only rents one suite at a time, and likes the way Airbnb verifies guests' identities, and payment is secure.

"We usually get a short blurb on guests and what brings them to our place," says Judy. "A conference, visiting grandkids. Our ad specifically says we live on site and that this is a quiet home, not a party house. We advertise it as a one bedroom, suitable for a single person or couple."

Airbnb and similar programs also offer accommodation that is not owner-occupied. That experience can be much less personal, and often a guest will never see the host. Brent and Judy like to offer a more homey stay.

"We like to add small touches that I think make a difference," Judy says. "We put out a bouquet of fresh flowers. I'm a beekeeper so a small jar of honey, or homemade bread. We typically introduce ourselves and from that initial conversation, we get a sense of how much space a guest needs. We are pretty much hands off after check-in, but are most often available if needed."

Laying Out Expectations is Key

Providing adequate information for guests to feel comfortable is essential. Guests want to know what is expected, what space is theirs and what areas

TIPS ON BEING A GOOD GUEST

- Remember this space is someone's home, and may well be *in* someone's home. You are paying, but you are a guest.
- Keep things clean and tidy, and respect the rules regarding access to other spaces and facilities, pets and noise.
- Be familiar with rules about guests of your own. Your host may think having grandkids over for a bbq is okay, but raucous sleepovers might not be.
- Assume that anything in your space is put there for your use, but make sure you're aware of any 'replace as you use' policy. If you're unsure, ask or just don't use.
- If you have a suggestion (maybe a night table lamp would be handy?), by all means, let your host know. If you enjoyed your experience, most sites have a place for online reviews.

and amenities are okay for their use.

"We have a house manual. It is pretty basic with such info like wifi details, recycling, where the garage bin is and

how to make themselves at home," Judy explains.

Because Brent and Judy don't provide meals, they are not subject to the same City bylaws that govern Bed ➤



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Guests are paying customers, but that doesn't mean anything goes. Being clear about house rules is the host's responsibility. If you intend your guests to be 'adult only,' that must be stated in advance.

and Breakfast homes. The City is, however, reviewing how short-term accommodation will be regulated.

Like a Good Neighbour

Neighbours deserve consideration. Brent and Judy live on a quiet residential street. Their neighbours know theirs is an Airbnb, and there have been no complaints. "I think everyone was focused on a rental property that soon became the university party house," Judy says. "The kind of guests we attract are quiet. Parking is a real issue in our neighbourhood, but we have parking on our driveway." Judy says it can be a sensitive issue, and is happy her neighbours don't feel like guests "plug up the street."

Life Changing Experiences, Home and Away

Inviting strangers into your home—and having people

welcome you into theirs—can be a little unsettling. Most booking sites have safety procedures for both guests and hosts in mind, and outline in detail expectations about how security is managed, including payment and personal information, verified identification and the expectations of both guest and host.

Whether you join an established network or offer accommodation on your own—some local festivals and theatre companies scramble for billet housing—follow some common sense rules about inviting a stranger in from the cold. The rewards can be life changing.

"One of our top experiences was a young couple moving from Tehran," says Judy. "They arrived after long flight, tired and a bit culture shocked. That summer evening, we invited them to our back yard for a visit and before long neigh-

bours dropped in. Someone went home and got a CD of Iranian music. At the close of the evening, the couple had made new friends, had offers of furniture and dinner invita-

tions. We continue a friendship to this day. It's a lasting gift." 🗣️

Karin Melberg Schwier

SHORT-TERM ACCOMMODATION REGULATION REVIEW UNDERWAY

With online platforms such as Airbnb and VRBO becoming popular options for both residents and visitors, the City is currently reviewing existing bylaw regulations for short-term accommodations. The City Community Standards Division invites questions at 306-975-2645.

Bed and Breakfast Homes operate under Zoning Bylaw (No. 8770), which requires a business license and discretionary use approval. There are currently 12 licensed in Saskatoon. The City website notes, "the standards for these are intended to seek a balance between supporting a quiet, safe and aesthetic residential environment while supporting the aspirations of home-based entrepreneurs." While the City does not have a record of short-term rentals—like Airbnb or VRBO—now operating, the City is "aware of this issue."



KARIN MELBERG SCHWIER



LILLIAN LANE

SUPER DECK

MAMMOTH PROJECT, BELOVED SPACE

When Candace left the house one day with her mother Connie for some shopping, she knew her father Dwight and her husband Ray would be tinkering with some lumber, maybe knocking together a small platform for a barbeque and a patio set. Candace and Ray's house in the Haultain

area is only 900 square feet, so a little extra space for outdoor living would be nice. What happened next is a perfect example of what can happen when two fans of the *Home Improvement* TV show have time on their hands, a stack of lumber and some power tools.

Go Big or Go Home

"We got home and just stood there, looking at this 500 square foot deck they had framed in," says Candace. I said, 'Are you kidding? This deck is too big!' My dad looked up with a big grin and said, 'Honey, this isn't a deck. This is a Super Deck!'

First Things First

Candace and Ray bought the house from a bachelor who had just driven across the lot to his back door, grew potatoes and randomly planted trees. Ray, a Costco employee, and Candace, a hair stylist, had two children. They tackled the interior of the house first, ➤



Candace and Ray enjoy a challenging game of Uno with son Sawyer. When daughter Alexandra comes back to Saskatoon, she says "the Super Deck feels like home."



With a mix of kid-friendly and adult décor, there's something of interest to visitors of any age.

adding a salon for Candace in the basement. They went at the exterior, and put aside any work on the yard. In 2004, Candace's parents from Meadow Lake came to help, just about the time Ray got "that really good deal on some lumber."

Adding Living Space

"At first I thought we shouldn't have left them home alone," Candace laughs. In a practical sense, the deck is an eating area with the barbeque, table and chairs. "It was good to have some comfortable and useful space since our house was pretty small."

But even though the project was going to be a useful extension of the house, it wasn't to become just another spare room. Every year since it was built, the Super Deck ("everyone calls it that") has been morphing into an unusual space that suits not only how the family likes to use it, but also reflects their personalities, their travels, their friends and family, even Candace and Ray's budding romance. In fact, that's how it all began. ➤

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Totally Personal Décor

"Our first few dates were at the old Crazy Cactus on Ruth Street," says Candace. "We loved the fun, funky atmosphere, lots of Mexican stuff, interesting things to look at. That's what we wanted for the Super Deck. We're not fancy people; we like to decorate with fun, colourful things that are meaningful to us."

With no cabin or lake property, Candace and Ray wanted the deck to be their "holiday spot" for at least six months of the year. When they do travel, they choose souvenirs that will find a home on the deck, and friends and family often come bearing gifts.

Weird things found at garage and yard sales, a funny sign, a string of lights, things friends who are moving want to donate, are all pieces that seem to find a home on the deck. Their friend Dwayne carved a large wooden bear, now the deck mascot, which has a place of honour on the tiki bar. Another friend's child painted a rock especially for a spot on the deck. When their friend James helped build a roof over the bar and dining area, it opened up a new overhead canvas to decorate.

"I guess 'eclectic' is the best way to describe how it all looks," Candace says. "Our



son is 10 and our daughter is 27, so we added things that would appeal to each of them at their ages over the years. There's something for everyone."

That 'something' includes a putting green, hot tub, firepit, an full-sun area loaded with pots for growing plants, vegetables and flowers, a fort, gnomes, a fairy garden complete with, well, tiny fairies and lots of comfy nooks for having a glass of wine or a game of Uno. There are blinds for shade (that provides protection from snow and wind during the winter.)

"We have been known to be out here doing hot dogs and having hot chocolate in January."

A Gathering Place

Candace says she "went through a phase" where she thought having people over for dinner meant slaving over beef tenderloin. The Super Deck has almost given her permission to focus on visiting friends instead of fussing over the details. The deck has been the site of invitational retirement parties, showers, birthdays, divorce parties (yes, people have those) as

well as impromptu shout-outs to friends and neighbours. "Hey, you wanna come over for supper in an hour?"

"We have a deep fryer for turkeys. We've got hot dogs on the barbeque. I'll grab a tub of Costco potato salad. Hey, it's Friday, so let's get together on the deck. We'll make s'mores," she says. "It's a comfortable place to kick back, watch the game, play cards, have some laughs."

At night the Super Deck is live and lit up. "I think the airport will be directing planes over our house we've got so many lights! ➤



The deck takes on a whole new ambiance at night, and neighbours are frequent visitors.



The neighbours love it. In fact, our one neighbour is over so often, we cut a hole in the backyard fence and put a gate in so she can come and go."

Purposefully Repurposed

"If we were ever offered a \$500 gift card for brand new things for the deck, I don't think we'd take it," says Candace. "It's all from thrift stores, yard sales, Value Village, Village Green. The church pew was salvaged from Delisle before the church closed."

Candace and Ray are all about repurposing and reusing, and finding something for the Super Deck is all part of the fun. Friends and family get into the spirit, too, always anxious to see what new thing has been added or bringing offerings of their own.

"It's always fun to watch people react," Candace says. "The last time someone delivered pizza, he just stood there for a minute and said, 'Wow! Can I take some pictures?' Sometimes you don't really know what they're thinking after they say 'wow' until you see the smile on their face. It's not for everyone, but we love it."

There's not too much room left for expansion now. Still, there're a few feet of lawn



for Ray to mow. So Candace and her mother agree: maybe it's still best not to leave Father and Son-in-Law alone together for too long with power tools. (H)

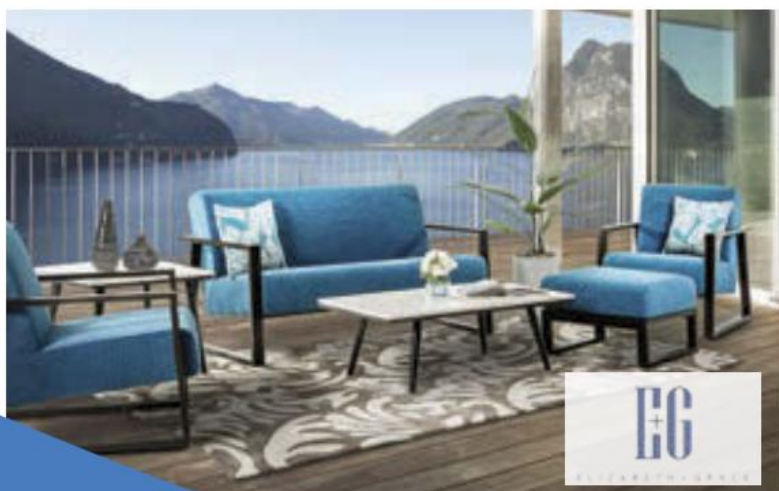
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SASKATOON HOME BUILDING UPDATE

INFILL DEVELOPMENT, BUILDER PERMITS AND NATIONAL BUILDING CODE



 **KARIN MELBERG SCHWIER**

The City of Saskatoon and the various business entities and associations do a complex dance together to keep the party of progress hopping, while being mindful of the kind of community where residents and business will thrive. Chris Guérette, CEO of the Saskatoon and Region Home Builders Association (SRHBA), says good relationships that foster a collaborative approach to

common goals and differing opinions will have the greatest impact on the housing industry in the coming years.

The Lay of the Land

Saskatoon is unusual but not entirely unique when it comes to having a City that develops land, competing at the same level with private sector land developers. One of the ways this affects Saskatoon is that it

can result in a larger number of builders buying lots, some of which might only build one home every year or two. "It's important that builders on these lots be held to certain professional standards," says Chris. The SRHBA recently worked with the City to introduce minimum education and safety requirements for builders who want to be included on the Eligible Contractors list.

"Our recent conversations with the City revolve around making this as transparent as possible," explains Chris. "There was a transition period, but as of June 2018 anyone who wants to remain on the Eligible Contractors list has to meet those minimum requirements. We believe if you are serious about being in this industry, and about building and staying in



Saskatoon, you'll be serious about professional development and safety practices for your company and, in turn, your community." Chris says this is a matter of "raising the bar for the industry, and the SRHBA applauds the City for stepping up to the challenge."

Getting Infill Right

Another collaborative effort between SRHBA and the City involved Roundtable discussions led by the Association and the Mayor's office, bringing together elected officials, key members of City administration and business and developer stakeholders. They discussed the removal of barriers to infill processes, helping the city reach its infill targets in coming years, and reduce risk and red tape for builders and developers.

'Infill' development occurs in an existing neighbourhood, mostly to "densify" and maximize the use of infrastructure like roads, sidewalks, and wastewater. 'Green field' refers to intentional development, or "starting from scratch," says Chris. "This development usually begins with no existing infrastructure. It's an important component to the growth of our city, but does not come with the same chal-

lenges as infill development."

As the City plans for anticipated population growth to reach half a million in the next few decades, it's crucial to balance development "so urban areas are more densified, and we remove barriers so the infill process can move ahead more quickly."

The SRHBA prepared a report based on the Mayor's Roundtable discussions and released it at year-end 2017. "Based on feedback, the participants see value in the process and want it to continue. We focus on growth for the city but also on affordability and choice. The process demonstrates how well we can do that when we're all at the table addressing issues together," says Chris.

Builders First to Test Online Permit System

A testimony to the value of usability testing, the SRHBA worked with the City's Building Standards to provide feedback on a new online permit system before it was rolled out city-wide.

Pulling permits for building projects has traditionally been a time-consuming process involving multiple trips to City Hall. During a three-month trial period, Association ➤

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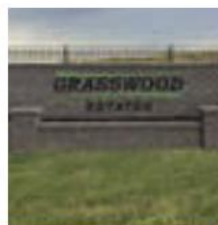
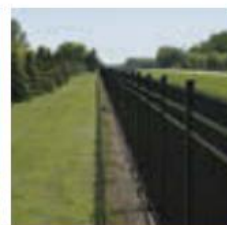
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members received training from the City and tested a new online permit system designed for greater efficiency. "This was a small but significant gesture of collaboration that helped both the City, our members and the builders and developers who will benefit from this testing, before it was open to public use," explains Chris. "It recognized the innovative

process City administration undertook to better serve its clients, and it meshes it with the right professionals—our members—to provide the feedback required to deliver it successfully."

Implementing, Enforcing Energy Code 9.36

In 2018, the National Building Code is coming around on its

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five-year update cycle. As of January 1, the 2015 version of the Code is now in place, and this time includes an energy code that has never been implemented in Saskatchewan before.

"Because it's being implemented for the very first time, we have a transition period we're working together on with the City to determine a process

without shocking the market too much," Chris explains.

Saskatchewan has a good record of building energy efficient homes, Chris notes, so the implementation of the new code doesn't suggest otherwise. "We have a number of professional builders already building Energy Star homes, for example, or measuring the energy performance of their

homes. But until now, building officials weren't inspecting for this component of new builds so it's a learning process for both city administration and industry."

The SRHBA is working closely with the City on a pilot project so builders can see if houses they've already built may already comply with the new regulations and how this works in the process of an inspection.

"Some builders probably already have the knowledge to be compliant and don't realize it," says Chris. "Others may need to make small modifications. But at least with the 18-month transition period, they have a better chance to understand what is required and how to change. I have no doubt by working together we can get the wrinkles ironed out by the January 1, 2019 implementation date. The key is we are tackling this together. We

both have expertise and can feed off each other's knowledge to make for a better outcome."

Collaboration the Key

"One of our roles as a professional association is to provide education and information to ensure we work with our members and municipalities effectively. Then when big changes in the industry happen, we're on the same page," says Chris. "By working with the City in a collaborative way on these issues, we can accomplish a lot of goals we have in common. We may not agree on everything, but by building this type of relationship, it brings much more efficiency to the system." (B)

Karin Melberg Schwier

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BACKYARD FIRES

BASIC RULES FOR RESPONSIBLE, SAFE, RESPECTFUL OPEN AIR BURNS

Just about anyone who has a hankering for hotdogs, marshmallows and just the campfire glow of burning embers, has heard about the Saskatoon fire pit controversy. This spring, City Council narrowly passed a vote to approve an amended bylaw that restricts open air fires to the hours between 2 p.m. and 11 p.m.

Fire pit physics 101

Lots of sparks swirled around this debate, but there are also a few questions floating around, such as what constitutes a 'fire pit'? When looking at the bylaw it doesn't use the term 'fire pit,' but rather 'open air fire.' So if you're confused about whether the rules also apply to your chiminea or outdoor stone fire-

place, ask yourself, 'Is the fire in the open air'? If so, then the rules apply. And yes, barbecues are covered under a different bylaw. Bylaw 7990 concerns itself with wood burning open air fires, so the gas or propane barbecue and probably a fully contained smoker doesn't fall under this rule.

'Fire Pit' a Misnomer

Wayne Rodger, Assistant Fire Chief, talked with HOME about "open air fires" and encouraged residents to communicate with their neighbours before hosting a fire or if they have concerns about their neighbour's activities. "When neighbours can talk about issues like health problems, then



most prudent people will act accordingly and respectfully," says Wayne.

To help backyard fire enthusiasts conduct themselves safely and legally, here is a quick checklist from Saskatoon Fire and Protective Services' *Outdoor Fires: What You Need to Know*.

1. Fires are allowed only during the 2 p.m. to 11 p.m. window.
2. Only cut seasoned wood or charcoal can be burned.
3. No garbage, garden refuse, dangerous goods, manure, livestock or animal carcasses or any material that would cause dense black smoke or a foul odour.
4. Fires must be contained in a non-combustible firebox, preferably made of concrete, brick or metal, no dimension greater than .61 cubic metres and covered with a heavy gauge metal screen with openings no larger than 13mm (about a half inch). The firebox must be placed well away from fences or buildings.
5. Outdoor fires must be supervised at all times and an adequate source of water must be available.
6. If weather conditions might spread the fire or smoke, use is not permitted.
7. If the fire interferes with a neighbour's use and enjoyment of their property, it must be put out immediately.

For more detail on Fire and Protective Services Bylaw 7990, visit www.saskatoon.ca/services-residents/fire-emergency/public-education/fire-pits. (i)

Karin Melberg Schwier

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Craig with his mother-in-law Janice 'Ma' Cushon.

 **CRAIG SILLIPHANT**

HOME FOOD:

BBQ SAUCE AND MEAT MARINADE

On a lovely summer day, as dinner approaches, there's no better feeling than you get from grabbing a beer and firing up the barbecue. I'm usually satisfied with some fresh vegetables brushed with oil, garlic bread and a nice steak, seasoned with just salt and pepper. I'm a simple man. But sometimes you want to add a little more zing to your dinner, so I thought I'd find a couple

great sauces/marinades for you to sink your teeth into.

The first thing that came to mind was a homemade barbecue sauce that my late father-in-law introduced me to. Whenever he made a batch, I'd beg him to make some for me. It was a tastebud-awakening experience, a fresh sauce with a tangy sweetness and deep flavour.

I was obsessed with this

incredible sauce for a while. I'd put it on not only grillables, but in a weird way on things like sandwiches or burritos. It also ruined my palate for store-bought sauces. Now they just taste like chemicals mixed with an overabundance of sugar (and I've also noticed that store-bought sauces burn faster on the grill because of the high sugar content).

"I have not yet found a store-

bought sauce that can compete with this homemade sauce's flavour combination of bacon drippings, cider vinegar and white wine," agrees my mother-in-law, Janice 'Ma' Cushon. Ma Cushon took over the making of the barbecue sauce after my father-in-law passed away. So now it's she whom I pester for an extra batch.

I'd like to say that it was a recipe that has been passed



down in my wife's family for generations, but the truth is more hilariously mundane. The recipe came from a BBQ cookbook that was gifted to my in-laws in 1982.

"We have been making it ever since. That's 36 years," says Janice.

Of course, they made the recipe their own over time, adding this or that, changing the ratios of ingredients or customizing it in other ways.

"The recipe is so easy to make and is easily modified by using different chile types," says Janice, "so you can make it mild or hot, and no matter the heat level, it still retains its unique flavour."

I have a barbecue party every year where I do a big

spread for friends, and this BBQ sauce has been my secret weapon. Not only does it go well on the meat, but I also use it to make a baked beans and bacon dish that melts people's minds. It's an extremely versatile sauce.

"This barbecue sauce is terrific on baby back pork ribs," says Janice. "If they're available, always get baby backs for the best results. It's also great on chicken, whole or parts and especially good on wings, beef short ribs, steaks, pork chops, pork or beef roasts and hamburgers. I love the flavour of this recipe and I think that comes from the cider vinegar."

Seriously, make a batch of this sauce and put it on ➤

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When Dave Scaddan's favourite barbecued pork dish was discontinued, he decided he was going to crack the recipe on his own.



your favourite grilled food. But beware; you may find yourself craving it in unnatural ways, stealing down to the fridge in the middle of the night to eat it with a spoon like some kind of creep. Consider yourself warned about the danger of something so delicious.

In the same way I was hooked on the barbecue sauce, Dave Scaddan, a teacher at Walter Murray, was "addicted" to the Char Siu they made at the Super Fresh Asian Market

on Clarence Avenue. Char Siu is a barbecued pork dish in Cantonese cooking.

"I drove by it every day and stopped in at least twice a month," says Dave, "never making it home without eating while driving. That shiny red pork always looks so good, it's not expensive and it actually tastes as good as it looks."

The marinade works with the pork itself, the barbecue locking in several flavours together; the sweetness of the



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marinade, the savoury fat of the pork and a few spices to add complexity.

"I like that it's a sweet meat," says Dave, "basically a candy that can anchor a meal."

However, one day the unthinkable happened and Dave discovered that the market was no longer selling the pork. Rather than mope around the house, he took matters into his own hands, watched dozens of YouTube videos and experimented in the kitchen like a mad scientist until he had created his own version of the marinade.

"I always assumed the preparation was demanding because there was always one employee dedicated to the pork and the duck at the market. When they stopped selling it, I read up on it and discovered that it's pretty easy."

That said, Dave recommends that you keep an eye on the pork while it's on the barbecue

to make sure you can control the heat, but don't be afraid to let it cook a few extra minutes until you see the telltale signs of doneness.

"It will be edible in under 40 minutes," he explains, "but the extra minutes and basting gives the crystallized reddish edge that's the classic taste and texture. The smaller edges of the strips will look almost burnt by the time it's done."


Dave usually serves the barbecued pork with white rice, gai lan (a Chinese broccoli cooked with garlic, sesame oil and salt; you can also use asparagus if you don't have Chinese broccoli on hand). He garnishes it with a sunny side up egg on the top, giving you a pretty mix of colours with red pork, green vegetables and the yellow yolk.

"If you're accustomed to the grocery or butcher version," Dave adds, "you'll notice that it doesn't look as red as in the

store. This is probably because there's no food colouring in the recipe, but it tastes exactly the same."

The great thing about my mother-in-law's barbecue sauce and Dave's barbecued pork, aside from how delicious they are, is that they both make for great leftovers.

"The sauce is a great keeper," says Janice, "Months, if stored in the fridge."

"The marinated and barbecued pork is a very good snack eaten as cold leftovers," says Dave, "and would probably also make a helluva sub." 

Craig Silliphant

MR. SCADDAN'S BBQ'D ASIAN PORK (AND MARINADE)



(With a 1kg pork shoulder, 4 people probably won't eat it all in one sitting)

The Marinade:

1 tbsp honey (might have to heat it to blend it in)
1 1/2 tbsp light soy sauce
1 1/2 tbsp dark soy sauce
1/2 tbsp wine (this is a salted cooking wine made from rice, cheap in any Chinese

grocery; smells a little like sake)

1 tbsp hoisin sauce
1 tsp sesame oil
1/2 tsp white pepper
pinch of Five Spice
3 tbsp brown sugar (a good way to get rid of old, clumpy sugar)
1 clove garlic (roughly chopped)

The Instructions:

800–1000 grams of pork shoulder, cut into strips 1.5–2 inches thick.

Marinate overnight or at least 4 hrs in a plastic bag, massaging whenever you open the fridge.

350°F for 20 min (save the liquid for basting).

Baste, flip and baste again.

350°F for 20 min.

Add more honey (half honey, half hot water) when it's almost done if you want it sweeter and crispier. Cut cross-sections from each strip so you get some of the sweet rind on every piece.

MA CUSHON'S BARBECUE SAUCE

(Yields approximately 1 1/2 cups, so don't be afraid to double or triple the recipe if you need to make an extra batch.)

2 tbsp bacon drippings (or butter)	1 to 2 tbsp pure ground hot red chile (or to taste)
1 onion, finely chopped	1 to 2 tbsp pure ground mild red chile (or to taste)
1 clove garlic, minced	1/4 tsp cayenne pepper
12-oz bottle of ketchup	3/4 tsp ground cumin
6 tbsp Worcestershire sauce	1/4 tsp ground coriander seed
2 tbsp cider vinegar	1 tsp liquid smoke
1/4 cup dry white wine	
1 tsp brown sugar, packed	

Melt the bacon drippings in a two-quart saucepan over medium heat, then add the onion and garlic and sauté until onion is transparent.

Add the liquid smoke, then the rest of the ingredients, reduce heat to low, simmer uncovered for 15 minutes, stirring occasionally. Set aside until ready to use. Refrigerate between uses.

THE PROGRESSION OF GARBAGE COLLECTION



Junk collects on a back lane on Avenue B in 1929.

Photo: City of Saskatoon Archives - D500-III-865-004

Saskatoon HOME SUMMER 2018



Downtown Saskatoon, 1905.

Photo: City of Saskatoon Archives - HST024

Modern-day garbage removal is about as convenient as it gets. You roll the bin out. You roll it back again. But it hasn't always been that way.

The thing with garbage is always where to put it. When Saskatoon was a couple hundred people spread out over a zillion acres, this wasn't a problem. In fact, garbage disposal practices back in the Temperance Colony

days could probably be characterized as "highly informal." But the more people you cram into a small space, the harder it gets.

The first mention of a town dump here is in 1899, by 20th Street, a couple blocks off Second Avenue. Downtown Saskatoon then consisted of a dozen houses and a couple businesses all clustered around the railway station

on First Avenue. The rest of it was "scrub, willow, thorn, rose bushes and small bluffs of poplar." Which meant there was very little garbage and a whole lot of space to put it. The situation was the same across the river in Nutana.

But Saskatoon was growing quickly, and the question of sanitation was uppermost in many people's minds. The

waste disposal bylaw in 1903 was mostly common sense. Clean out stable yards, privies and manure piles regularly. Don't leave dead animals lying around. Put garbage in containers instead of tossing it in the back yard. Haul stuff to the dump before the smell bothers your neighbours.

Just like today, some people didn't think the ➤

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Smoke from a tire fire at the Nuisance Ground, 1954.

Photo: City of Saskatoon Archives - 1103-04-001-002

rules applied to them, and the newly-hired Town Inspector was kept busy dealing with junk-filled yards and people dumping animal carcasses on the edge of town. Several offenders were hauled before a judge that year, and there were angry letters written to the newspaper about people sticking their noses into other people's back yards.

In 1905, the town bought land where the Holiday Park Golf Course is now, intending to establish a new nuisance ground among the sand hills

next to the river. The Medical Health Officer objected strenuously, pointing out that since it was upstream of town, runoff could contaminate the water supply. The mayor disagreed, and after some wrangling, the site was chosen.

But there were calls to move the nuisance ground. In the spring of 1907 the newspaper warned repeatedly that with the spring thaw, "frozen heaps of garbage and slops," and other less savoury material would create "a very hatchery of germs" throughout the city.

There was some urgency, therefore, about getting the long winter's accumulation of waste out to the nuisance ground. The newspaper counted 243 wagon-loads of garbage carried there over a two-day period. Much of this would have been frozen kitchen slops—liquid food waste which, in the absence of handy sewers to pour it down, was set out to freeze so it could be chopped up and hauled away later. But there were also animal carcasses piled up at the nuisance grounds, as well as heaps of manure

and nightsoil from Saskatoon's privies ('nightsoil' was a polite term for what you empty out of a privy pail), and the newspaper warned of "a veritable creek of sewage discharging into the river."

The mayor hastened to reassure residents. Everything that could be burned, was—including manure, nightsoil and dead animals. A man had been stationed at the nuisance ground to make sure other waste was dumped in low spots so liquid wouldn't run out into the river. People were also encouraged to dump their garbage on the river ice downstream of Saskatoon so that it would be taken away by the spring flood.

But the old nuisance ground was clearly incompatible with good public health, and in April the city opened a new dump north of town where Warman Road and Circle Drive meet today.

But this new site was the cause of much friction between Saskatoon and the RM of Cory (now Corman Park) where it was located. There were complaints about noxious smells, garbage fires, rats, rotting animal carcasses, heaps of excrement and similar issues. Cory officials took particular offense to the city's practice of burning manure, nightsoil and animal carcasses as a sanitary measure, demanding in 1915 that they be buried instead. "They've lit their last fire," vowed one Cory councillor. Still, the problems didn't really end until the city finally built an incinerator.

The Civic Incinerator

As the city's population ballooned after 1907, so too did the amount of garbage it created, and the pressure on the nuisance ground was immense, over and above Cory's complaints about ➤

The City and Saskatchewan Environmental Society Solar Coop have a joint solar demonstration project that draws the methane from the landfill at the corner of Circle Drive and Valley Road, and instead of allowing it leak out of the landfill into the atmosphere as a greenhouse gas, it's burning that methane to generate electricity. Saskatchewan Polytech is also involved.



Saskatoon's first "load packer" garbage truck, 1955.

Photo: City of Saskatoon Archives - 1104-04-018a-001

disposal practices. The solution was to build an incinerator.

The first proposal was for a \$58,000, state-of-the-art Heenan and Froude "Refuse Destructor." This was absolutely the Cadillac of incinerators. One imagines a giant, flame-spewing robot gobbling down heaps of garbage and dead animals, and possibly the

odd small car. But there were disagreements over where to put it. By the time they were settled, Saskatoon's boom had turned to bust and we couldn't afford it anymore. A small, temporary incinerator was built in 1918, to be replaced in 1925 by a permanent one where the River Landing Farmer's Market is now.

Although less high-tech than the 1912 proposal, the municipal incinerator served Saskatoon well, notwithstanding the occasional small fire started by drifting cinders. It was estimated that incineration turned 160 cubic yards of refuse into 4 cubic yards of ash. Pretty much everything went into the incinerator, and the resulting ash along with unburnables (mostly tin cans, apparently) went to the nuisance ground.

The exceptions were manure and nightsoil, which the incinerator couldn't handle and which instead went out to a "manure dump" in what is now the Holiday Park golf course, south of where the campground is now, off Avenue P. So if you're ever wondering why the grass is so green down at Holiday Park, well, now you know.

By the 1950s, the old incinerator was no longer sufficient to meet our needs. After weighing the costs, the city decided in 1955 to build a sanitary landfill, and the incinerator was demolished.

There is a post-script to the incinerator story. In the late 1950s, homeowners here were encouraged to install gas-fired home incinerators under a rebate program administered by the city and SaskPower. These units could turn a pile of wet garbage into a few

handfuls of ash in about an hour. But they were expensive, costing as much to run as the home furnace, and their popularity soon waned.

Household Garbage Pickup

In 1907, the city began collecting regular household waste, which residents were required to sort into appropriate containers for ashes, waste paper, food waste, liquid slops, miscellaneous refuse and manure.

Until the 1940s, food waste from restaurants and hotels was usually sold to local hog producers for pig feed. This is why the old health bylaws include the curious requirement that all garbage (ie, kitchen waste) be boiled for at least one half hour.

The city bought its first motorized garbage truck in 1918 after years of complaints by the Cleansing Department superintendent about how long it took the horse-drawn wagons to get out to the nuisance ground. Now, garbage was delivered to a central collection point and taken from there by truck up to the dump. But we didn't get our first "load packer" style of garbage truck until the mid-1950s, when the landfill opened. In those days and until comparatively recently, the garbage men

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City of Saskatoon garbage collectors at work in an alley.

Photo: City of Saskatoon Archives - Acc-2016-001-2-002



Officials test a new method for picking up garbage bins.

Photo: City of Saskatoon Archives - Acc-2016-001-1002

(and they were men) rode the outside of the truck or walked alongside, slinging the garbage by hand into the back of the truck at each stop.

The Future

The way we handle our garbage has changed immensely since 1899, and will continue to do so as we seek

"If you're ever wondering why the grass is so green down at Holiday Park, well, now you know."

creative solutions for dealing with our trash. Recycling and composting programs have been adopted by municipalities

across Canada. In Saskatoon, we generate enough electricity from methane gas in the land-fill to power 1,400 homes,

generating \$1.3 million in revenue annually.

But the best answer may lie in an old New Englander saying, popularized here during the Second World War: "Use it up, wear it out, make it do or do without." (i)

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CHICEST PLANTS FOR YOUR HOME

AND HOW TO HELP THEM THRIVE




 **JULIE BARNES**

Photo: Rooted Plants

There's a lot more to buying a houseplant than selecting the species and picking a planter, says Erin Levesque. That's because "not every house is equipped for every kind of plant. It really depends on the light source and how

much care you're willing to give it."

Erin and her friend Abby Schneider are the former founders of Duo Plant Studio. The two recently branched out into their own plant-based businesses due to the

distance between them and family commitments. Erin now runs Rooted Plants, and Abby launched Design.Build.Plants alongside her husband. But they still love to get together when possible and discuss all things glorious and green.

Erin and Abby shared a few of their favourite houseplants with HOME, along with some helpful tips on how to ensure they survive and thrive.

Snake Plants (*Sansevieria*)

"If someone is looking ➤



The Heart-shaped Philodendron is a beautiful cascading plant that thrives in direct sunlight.

TURN A BLACK THUMB GREEN WITH THESE PLANT CARE TIPS

Watch out for over-watering

Always err on the side of under- versus over-watering, says Erin. "You can't undo overwatering but you can always give it a little more water next time if it needs it. You're more likely to kill a plant by giving it too much water versus not enough."

Seek local advice for our climate

Take the plant care tag and online advice with a grain of salt. "Sometimes you'll read about a plant online and you're getting advice from a climate that's hot and humid all the time," says Abby. Plants and their tags are shipped worldwide, so their care instructions aren't always suited to our prairie climate. Instead, ask the greenhouse or local retailer for advice.

Be wise, fertilize (or repot)

"I know people who have never fertilized and their plants look great, so it's not a super necessary step for most people, but if you don't fertilize you'll probably need to repot your plant sooner," says Erin. Either fertilize to make your soil last longer, or repot it for a fresh set of minerals. Specialized fertilizers are available for cacti and succulents.

Check toxicity to pets and humans

Be aware that some common houseplants can be toxic to pets and people. If you have young children or pets at home, ask about toxicity before buying.



Erin and Abby like to create groupings of plants with a variety of heights and shapes for an aesthetically pleasing vignette.

Photos: Rooted Plants

for their first plant, a snake plant is a good place to start because they're so tolerant with both water and light," says Abby. The tall, spiky plants can survive in bright, filtered light, down to very low light levels and even florescent lighting. This makes them a great option for basements or other rooms that don't receive much direct sunlight, such as offices or bathrooms, she says. "Basically, where you can't put any other plant, you can put these guys."

"Because they're not in direct sunlight, they generally need a small amount of water every two weeks." The soil should dry out between watering. Erin adds, "You don't want to overwater. If

you water them every week it will kill them—they'll rot from the bottom and there's no bringing them back."

String of Pearls and Other Succulents (*Senecio Rowleyanus*)

String of Pearls is a fan favourite, says Abby of the elegant, cascading succulent. "They do well in a basket with other succulents, but I would say it's even easier to care for on its own because it's slightly different than most succulents." The plant prefers bright, filtered light, but "can tolerate a little bit of direct sunlight or slightly lower light levels and still look attractive."

Abby uses a spray bottle to water her String of Pearls. "You



Snake Plants handle neglect well and are a good choice for neophytes.

Photo: Rooted Plants



Similar to the Snake Plant, a *Zamioculcas Zamifolia* (ZZ Plant) is drought tolerant and handles low light.

Photo: Design.Build.Plants



Generally speaking, Fiddle Leaf Figs prefer west or south light in Saskatchewan.

Photo: Rooted Plants

don't mist the whole plant, but you want to evenly moisten the roots (each string has its own root system). Give it a good drink and then let it be dry for a while. That's in the winter. In the summer, you can keep it a little more moist because it's actively growing."

Abby says succulents in general have been popular with customers. "The bonus with succulents is, with their shallow root systems, they can grow in almost nothing for soil so you can pack them close together. That's where creativity comes into play and you can create an arrangement as opposed to a singular plant—there's another level of artistry involved."

"A lot of people will go to a store and they'll pick out five succulents for their coffee table arrangement," Erin adds, "and because they're all succulents, they might assume they're all going to live equally well in a certain place, which is not the case with most succulents. There are huge differences in what they need thrive. A lot of them will survive but they won't look good and tucked in for long if you plant them in the wrong spot. They get leggy."

A good rule of thumb for watering is to check succulents once a week in the summer, says Abby, and every two to three weeks in cooler months. "If the leaves are shriveled, you know you can give it more water and they'll pop back up again." It is best to let the soil dry out between waterings.

Cacti

Cacti are another low-maintenance option. "There's the odd outlier that needs different care, but generally, the more sun the better," says Erin. They tend to have very low-water needs, even in direct sun, and can tolerate drought. "The thicker the plant, the more water it's holding. There are some cacti that are really thin, such as prickly pear cactus. They'll need more frequent watering just to make sure they're not losing water from their leaves."

In the summer, Erin waters her cacti every week. "Not because it's going to die if you don't, but it's a good rule of thumb, and you don't need to drench it either. As long as it's in fast-draining cactus soil you're good to go." In the

winter, watering every three to four weeks should suffice.

Fiddle Leaf Fig (*Ficus Lyrata*)

Erin says Fiddle Leaf Figs garner mixed reviews online. "Some people call their figs 'Princess' because they're hard to manage, and some people swear they're the easiest plants to manage. The difference between those two schools of thought is that the people who think they're hard haven't

found the right spot yet."

In a nutshell, they're not difficult to maintain; they just need the right kind of light and attention. "Generally, they like bright, indirect light," says Erin. "In Saskatchewan, you're better off with the fig in west or south light." She also advises to keep figs away from vents as air movement can bother the plant, and recommends wiping the leaves occasionally to remove dust as it ➤



String of Pearls do best when planted on their own due to their unique water needs.

Photo: Design.Build.Plants



Photo: Rooted Plants



Succulent varieties can handle different light levels, and should be grouped accordingly to keep them looking their best.

Photo: Design.Build.Plants

can prevent photosynthesis. "The dust is kind of like a plant wearing sunscreen and plants shouldn't wear sunscreen."

The soil should dry out between waterings, and the plant shouldn't need another drink

for at least a week. "You really have to watch for signs when they need a drink—the leaves will get noticeably droopy."

Buy Plants, Not Knick-Knacks

"There have been science

experiments on the productivity, improved air quality and general happiness of people with plants versus not, and everything is better with plants, says Erin. "Where people would have bought a

knick-knack before, now they'll buy a plant. Plant Lady is the new Cat Lady."

You heard it here first. (B)

Julie Barnes

Brighton

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